

MEET THE STAFF:

- **Janet Weaver**
Interim Park Manager
- **Laurie Strickland**
Fitness Manager
- **John Sifrit**
Aquatics Manager
- **Claudia South**
Aquatics Assistant
- **Deanna Holz**
Land Manager
- **Robin Marshall**
Land Assistant
- **John Yamada**
Opening Manager
- **Kurt Lauer**
Volunteer Coordinator
- **Abby Kelly**
Newsletter Editor
- **Matt Daly, Kathy Roche, Ken Wade, Mike D'Amato, Larry Sitney, Hanna Koren**
Managers On Duty

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South Run Source

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QUARTERLY NEWSLETTER

SPRING 2011

Manager Notes

By: Abby Kelly

Hello, Janet

Go ahead, try to ask Janet Weaver a question about Fairfax County Park Authority that she can't answer! Nice try, but FCPA and specifically South Run RECenter are like a second home to Weaver.

Weaver is the acting manager at SRRC. She began working for FCPA in 1982 as a fitness instructor at Audrey Moore. Later, she became a fitness/special events coordinator at SRRC and finally the land programmer. "I actually spent 7 years at this great facility building classes, camps, events and friendships," Weaver said. Then she took a position in the main office with the Fairfax County Park Services Division. Fairfax County Park Authority has been a family affair for the Weavers. "My daughter was a counselor in training (CIT), a counselor, an instructor and the Easter Bunny at SRRC. My son was a CIT, and a counselor at SRRC and now he is a land surveyor in the planning and development division."

As you might expect, Weaver is a very active individual and she takes advantage of the beautiful landscape at South Run. She enjoys fishing, hiking and exploring. You might see her out in the gardens, too.

As for the future? "I look forward to spending time here and supporting this great team. We are continuing to grow a strong culture of delivering quality customer service and providing positive experiences to the residents in our community."



Janet Weaver



Laura Marquardt

Goodbye, Laura

In June, Laura Marquardt accepted a position with the Northern Virginia Regional Park Authority. Marquardt was the manager at SRRC for two and a half years. Fairfax County Park Authority will start seeking a replacement in September. Good luck, Laura! You'll be missed!

80

Look What You've Done

By: Abby Kelly

Our hats off to you, faithful guests of South Run RECenter.

According to all management indicators, SRRC is the most successful RECenter in Fairfax County. South Run accounted for nearly 25% of new memberships in 2011. Thank you.



Fitness Forum

By: Laurie Strickland

You've Never Worked Out Like This Before

There are a lot of imitations, but only one BODYPUMP™, and it's coming to South Run RECenter! BODYPUMP™ is the original barbell class that strengthens your entire body. By incorporating high repetitions, challenging weights and compound movements, BODYPUMP™ promises to chisel your body while challenging your cardiovascular system.

Every three months, a new routine is released, so you will never have time to get bored. The music is high energy and motivating. You've never worked out like this!

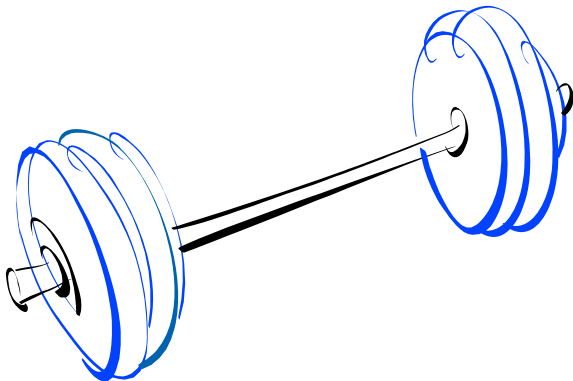
Classes at SRRC will be: Monday 7 p.m., Wednesday 5:45 a.m. and 8 p.m., Thursday 6 p.m. and Friday 10 a.m.

Sample the new workout on Saturday July 30, 9 a.m. at Audrey Moore RECenter as we launch the newest BODYPUMP™ release. Come to the party and learn what BODYPUMP™ is all about! The event is free but registration is required. Contact Audrey Moore RECenter or Megan.Hare@fairfaxcounty.gov.



Cardiovascular Equipment Time Limit

To ensure fair usage for all customers, all cardio machines (treadmills, bike, cross trainers, etc.) have been set for a 30 min. workout which includes the cool down. Thank you for your cooperation with this new policy.



Meet a Member

By: Abby Kelly

"Being in shape made my recent vacation to California so much fun," Annette Richardson said. "We did a lot of hiking. One hike took us two miles to the top of a waterfall. Consistently working out at SRRC allowed me to be in shape to enjoy the experience. I felt bad for the few people who weren't able to make the climb."

Richardson began working out at SRRC in 2004. "Back then it wasn't the beautiful facility that it is now," she said. Then, in 2009, Saturday morning bootcamp jump-started her fitness routine. "It was a pretty tight knit group of people who came every week. They were so encouraging and never negative. I made some really good friends."

Next came the 90 day, 7100/7900 program. Laurie Strickland, fitness director at SRRC, had participants working out seven days a week. "I love the bootcamp classes because you never know what you'll be doing the next time," Richardson said. "You never get bored."

The variety has enabled Richardson to keep up her bootcamp lifestyle. She hits the gym at 5:30 a.m. for Basic Training. "I've lost about 40 lbs, but my primary goal is just to be healthy. I've changed my entire lifestyle, not just set a weight loss goal."

Even though she does not have written goals, Richardson is always pushing herself to run a little faster and push a little harder. She enjoys what she is doing and what she has accomplished. "I've really turned fitness into my hobby. That's what I make time to do for myself."



Front and Center

By: Abby Kelly

Can you take the heat? The front desk staff at South Run RECenter can! Whether it is a difficult question, a mob of cheery campers or a malfunctioning computer, they are friendly and efficient. If you arrive at 5 a.m. in the cool of the morning, or plan your workout in the middle of a sweltering afternoon, they are always welcoming and ready to serve you.

The front desk staff have the corner on SRRC knowledge. They know a little bit about everything - from swim classes to field house reservations, from refunds to Fitlinxx, from broken vending machines to how to operate a piece of equipment. And if they don't know the answer, they will find it for you.

"One of the greatest challenges we face is communication," Jeanne Celestino said. "There are a lot of moving parts around here and we try to facilitate good communication between members, staff and management."

"How can I extoll the virtues of our front desk staff?" Kurt Lauer queried when asked what he appreciated most about them. "They are the primary interface with customers. The front desk associates' knowledge of our operations, efficiency and friendliness make them one of the main reasons we are the best RECenter in FCPA!"



Swimmer's Corner

By: John Sifrit

"Team South Run" has aced the competition at the Fairfax County Park Authority Lifeguard Competition three years in a row. This year's competition focused on lifeguard rescues and teamwork. The events are always extremely difficult. They are also timed, adding to the pressure.

From December to July, all in-service training and practices prepare lifeguards for the upcoming challenge. They do full scale and in depth reviews of First Aid and CPR. As the year progresses, practices become longer and more frequent. Lifeguards are not paid during training; they enjoy the pride that comes

from making the SRRC aquatic program the best in the region. Latrice Adkins is the coach for SRRC's team. This year's captains were Binh Vu, Naomi Ngalle, and Alex Paris. Kat Umayann, Stephanie Phillips and Logan Lamons also participated. Only six lifeguards can participate in the competition, with two alternates. However, the whole staff trains together to ensure that Team South Run is the best they can be.

The lifeguard staff at SRRC remains "rescue ready" year-round. Due to their training, they are equipped to handle any emergency. The staff uses what they learn from each competition to prepare for the next

one. Captains of the lifeguard competition team teach the rest of the lifeguard staff how to guard professionally and more efficiently throughout the year. Team South Run's training is the main reason they continue to be successful in the FCPA Lifeguard Competitions.



Ah, summer,

what power you

have to make us

suffer and like it.

Russel Baker

*The difference
between the
impossible and
the possible lies
in a man's
determination.*

*Tommy
Lasorda*



Team South Run

Standing:
Alex Paris,
Binh Vu,
Logan Lamons,
Sara Blaylock,
Joe Paris,
Stephanie Phillips, and Tyler Armor.

Kneeling:
Kat Umayann,
Latrice Adkins
and Lance Page.

Super Senior Swimmer

By: Phil Case

The 13th biennial National Senior Games were held in Houston, Texas, June 16-30, 2011. Over 10,000 seniors participated in 18 sports.

The oldest male was 102. He competed in three events, including (incredibly) singles tennis. The oldest woman was 98 and she too signed up for three events. Being 81, I was a relative youngster! I qualified in six swimming events. I placed fourth in the 50-yard fly, sixth in the 100-yard individual medley and seventh in the 200-yard backstroke. There were approximately 700 swimmers registered. My training at South Run RECenter paid off. I trained with Sandy Veatch for a month before the competition. The lessons helped to improve my event qualifying times.

Contact Information

Next time you register for a program or sign up for a membership online or at the RECenter please make sure all your contact information is up to date so if we have to notify you for any reason we have accurate information.

Land Lines

Sum-Sum-Summer-time and Camp!

By: Robin Marshall



When asked what they liked most about camp, this is what some of our campers had to say...

All the stuff! ~ Emma, kiddie camp

Are we having fun yet? If you ask any one of the summer campers at South Run RECenter, the answer is a resounding, "Yes!"

South Run RECenter's 2011 summer camp season is in full-swing. Just about every camp is full. South Run has been transformed into veritable "Paradise Island."

Outside, kids participate in a plethora of sports and other activities. Undaunted by record-setting temperatures, campers run from one activity to the next. Some of the fun includes agility drills and picnics under bright, red umbrellas on the field house deck. Fun merges with skill as counselors conduct agility drills on the soccer fields. And just when the heat seems unbearable, the fire truck shows up to "water" hordes of laughing campers.

Step inside, and the fun doesn't stop. Campers in the Summer R.O.C.S. and Nature camps have decorated the RECenter with their art projects. In the Natatorium (that's aquatic speak for "swimming pool area") campers jump, flip and splash in our clean and spacious indoor pool.

Indoors, you can also check out the Camp Staff board to learn a little about our amazing staff.

Don't miss "Fun Friday!" Campers celebrate the end of the week with a variety of theme-based activities including tie-dye, games, pizza or sub lunches, an ice cream social and a guest speaker.

So stop by and see what you're missing. In fact, go ahead and sign-up! You and your kids will be glad you did!

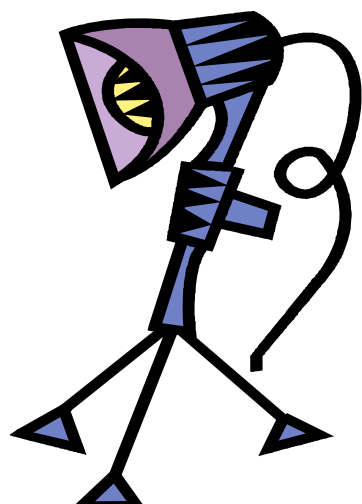
Everything! ~
Matthew and Sean,
kiddie camp



Girls sports. All the sports! The swimming and counselors are the best! ~ Anna



Volunteer Spotlight



A note of thanks to Sy and Ethyl Schneider for donating a lawn mower to South Run's landscaping efforts.

By: Kurt Lauer

How much would you give to make South Run a better RECenter? All of South Run's volunteers regularly give us their time, energy and creativity and it has made a huge difference in how nice it is to come to SRRC.

Thomas Gugliuzza-Smith, "Gug" is a great example of our outstanding volunteers and is the one we selected to be our 2011 Volunteer of the Year. He has been serving at SRRC as a landscape volunteer for a year. Since his first day, Gug has taken the initiative to make our RECenter look like a first class park. In just one year he has devoted three hundred hours of his time and a lot of personal resources (tools, money, plants, etc.) toward this cause. He has also taken over coordination and training of all other landscape volunteers. This has made him the de-facto "head landscaper" at SRRC. A well-deserved and hard-earned title. Gug's efforts bring pleasure to guests and staff as they come and go

and while they are using the fitness room or pool where they have great views of the gardens.

When you notice the selflessness and generosity of our volunteers, let them know how much they are appreciated – that and the satisfaction they get by helping is their only form of pay and is one of the things that makes SRRC the best in Fairfax County Park Authority.

Another case-in-point about our great volunteers, sometimes it is not just our regulars who help. On the 2d and 3d of July, a rowdy soccer tournament, with over 2000 people

in attendance, had trashed the RECenter's grounds. The entrance road, the playground and the area around the field house were covered with trash, watermelon rinds, corn, rice, parts of hamburgers and other food.

On the Fourth of July, we were receiving a lot of comments about how folks had never seen the Park look so bad when the Longs, a family of good Samaritans who had also seen the mess, volunteered several hours of their holiday to help clean things up. Being very lightly staffed on the holiday, we gratefully accepted, provided trash bags and told them to leave the filled bags by the road side. Two hours later Mr. and Mrs. Long and their five children reported that they had cleaned up the worst along the road and were able to clear a lot of stuff from the playing fields as well – they bagged a truckful of trash! Aren't South Run's patrons great!



SOUTH RUN RECENTER

	Facility Hours	Pool Hours*
M – F	5 am – 9 pm	6:30 am – 9 pm
Sat	6 am – 6 pm	9 am – 6 pm
Sun	7:30 am – 8 pm	7:30 am – 6 pm



Please stop by and pick up the monthly pool and fitness calendars plus the latest Parktakes magazine if you did not receive one in the mail.

MARK YOUR CALENDARS!



⇒ **ENJOY THE COOLER WEATHER! ASK AT THE FRONT DESK FOR A MAP OF SOUTH RUN'S TRAILS**

⇒ **FALL PASS SALE SEPTEMBER 1ST**

⇒ **4TH ANNUAL ARTS & CRAFTS FAIR
OCTOBER 22ND & 23RD**

